

# Celebrate **Farm to School Month** throughout **Montana!**

## Nutrition Facts to Accompany Farm to School Month Meals

### **Squash**

Squash is an excellent source of dietary fiber, containing 6 grams of fiber per cup. Squash also contains high amounts of vitamin A, vitamin C, vitamin B6 and magnesium to keep you healthy!

### **Lentils**

Lentils are part of the legume family that are a great way to add protein and fiber to your meals. In just two tablespoons lentils provide you with 30% of your daily value of fiber and 6.2 grams of Protein!

### **Beef**

Lean beef is a wonderful high protein food that provides vitamin B12, which is essential for good digestion and healthy development of new cells in the body!

### **Apples**

An apple is a great easy snack to take with you anywhere and contains 20% of your daily value to fiber in a sweet treat! Don't forget to eat the apple skin because that is where most of the antioxidant that protect your body from cancer are!

